

The Sourdough

S E N T I N E L

April 15, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 15

From tires to timing belts

Vehicle maintenance keeps ground fleet running strong

--Pages 12-13

STAFF SGT. SUE NUCKOLLS

Local Marine loses his life in Iraq

By Staff Sgt. Ryan Mattox
3rd Wing Public Affairs

Lance Cpl. Jeremiah C. Kinchen, 22, a Marine Corps reservist from Salcha, Alaska, was laid to rest Tuesday in Colyell, La.

Prior to being called up for active-duty in Iraq, Lance Cpl. Kinchen was assigned to Marine reserve Company E here.

Lance Corporal Kinchen died April 4 when the vehicle he was riding in hit a land mine while on patrol in Al Anbar Province, Iraq, in support of Operation Iraqi Freedom in Iraq.

Al Anbar Province is an area that stretches from Baghdad to Iraq’s border with Jordan and Syria and is known for insurgent activity.

He was mobilized and deployed with the Marine Forces Reserve’s 4th Reconnaissance Battalion, 4th Marine Division, in San Antonio, Texas.

While in Iraq, Lance Cpl. Kinchen was attached to the 3rd Reconnaissance Battalion, Regimental Combat Team 8, 2nd Marine Division, II Marine Expeditionary

Force. “All Marines are saddened by the loss of a fellow Marine and our thoughts and prayers are with the family at this difficult time,” said Marine 1st Sgt. Joseph Abell, Inspector-Instructor First Sergeant, Company E, 4th Reconnaissance Battalion, 4th Marine Division, Elmendorf Air Force Base.

“Lance Corporal Kinchen was a hard charging young Marine that just wanted to serve his country.”

He was one of 40 Reserve Marines deployed to Iraq from Company E in Alaska.

There are 11,000 Reserve Marines currently on active-duty worldwide in support of Operations Iraqi Freedom and Enduring Freedom.



COURTESY PHOTO
Marine Lance Cpt. Jeremiah Kinchen of Salcha, Alaska, assigned to the Marine Force Reserve’s 4th Reconnaissance Battalion, died in the line of duty April 4.

Lance Corporal Kinchen joined the Marine Corps in March 2002.

He was not married and had no children.



■ **Mr. John Platnico**, 3rd Medical Group, assisted a patient who was struggling to reach the front entrance of the hospital. After he got a wheelchair, he helped her into it and wheeled the patient into the hospital.

Once inside, the patient went into a seizure and had difficulty breathing. Mr. Platnico immediately announced a Code Blue medical emergency.

He reestablished her airway while cradling the patient in the wheelchair to prevent injury until he was relieved by the emergency medical team. Thanks to Mr. Platnico’s quick response, the patient fully recovered with no injuries.

■ **Maj. Robert Hahn, Capt. Orbelin Arreola, Master Sgt. Jeffrey Browning, Tech. Sgt. Renton Jennings**, 3rd Wing, organized themselves into an Interim Safety Board after a KC-135 aircraft diverted into Elmendorf with a catastrophic engine problem.

Their tasks included securing evidence, taking statements, borescoping the engine and ensuring support was available for the incoming Safety Investigation Board and maintenance crew.

Due to their expertise and efforts, the SIB was able to finish their work in two days.

■ **Airman Stephanie Anderson**, 962nd Airborne Air Control Squadron, created eight flight authorizations and ran checks for 53 aircrew, ensuring 100 percent combat mission ready status during exercise POLAR FORCE 05-3.

She completed four mission reviews, identified and corrected several Mission Accomplishment Report errors and maintained critical data. She also voluntarily worked an 18-hour shift, covering for a sick co-worker.

■ This week’s commander’s shadow is **Airman 1st Class Ryan Wood**, 3rd Medical Group.

Safety remains paramount concern this spring

By Lt. Gen. Howie Chandler
11th Air Force commander

Thank you ALL for keeping safety at the forefront of your activities.

Because of your efforts, we’ve suffered only a handful of minor mishaps involving outdoor recreational activities this winter.

We’re improving, but still not where we need to be in the terms of ground safety.

Unfortunately, we had an alarming number of sports and recreation-related mishaps last spring and summer.

Specifically, Alaska Airmen suffered eight reportable all terrain vehicles mishaps within a 10 week

period. As a result, Arctic Warriors lost 94 workdays.

Although no one was killed or seriously injured, we cannot risk the lives of our personnel to needless ATV accidents this year.

Remember, all 11th Air Force ATV riders must receive local training, wear personal protective gear, and be placed in the Pacific Air Forces Comprehensive Assessment of Risk and Evaluation System program prior to riding ATVs on- or off-base.

As daylight hours lengthen and the ice melts off our roadways, our ordinary challenges are exacerbated by the fatigue and inattention that result when people try to pack 36 hours of

recreation into 24-hour-days.

By all means, take advantage of Alaska’s fantastic outdoor opportunities.

But keep in mind that these activities come with inherent risks we all should work harder to mitigate.

Be cautious of the temptation to “sleep all winter and play all summer.”

Always get plenty of rest, limit your driving distances, and stay focused in your work areas.

However you choose to enjoy our great state of Alaska, on- or off-duty, remember: Mission first — Safety ALWAYS!

Have a safe and enjoyable spring!



Brig. Gen. Michael Snodgrass
3rd Wing Commander

Do you have a problem you can’t seem to get solved? Would you like to recognize someone for a job well done? The commander’s action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Michael Snodgrass. Your calls will get the commander’s personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can’t help, then please call the Action Line.

Key phone numbers:

- Col. Christopher Thelen, 3rd CES/CC 552-3007
- Lt. Col. David Aupperle, 3rd SVS/CC 552-2468
- Lt. Col. Robert Garza, 3rd SFS/CC 552-4304

The Sourdough S E N T I N E L

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Best in DoD 2000
Best in Air Force
1999, 2000 & 2001
Best in PACAF
1998, 1999, 2000 & 2001

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3rd Wing Moment in History



April 14, 2000:
Mr. Don Delk and Mr. Ed Lamm, two retired civilians from the 3rd Equipment Maintenance Squadron, with assistance from other volunteers, completed restoration of a Lockheed P-38G Lightning that had been recovered from Attu Island in June 1999.



PHOTOS BY STAFF SGT. SUE NUCKOLLS

Guests relax in the Armed Services YMCA Atwood Military Lounge in the Ted Stevens Anchorage International Airport Tuesday. The ASYMCA lounge was remodeled in August 2004 to better accompany the more than 10,000 people who visit the lounge each year.

Airplane delayed? Kick back in newly renovated military lounge

By Staff Sgt. Ryan Mattox
3rd Wing Public Affairs

Picture this scenario: you're a new service member who has just arrived at the Ted Stevens Anchorage International Airport and now you're waiting for your baggage and then a ride to your new duty location.

If your sponsor hasn't arrived, would you wait in the baggage claim area for that person?

If you had no sponsor or needed to find a phone, lugging your baggage can be a hassle. Where would you go, what would you do or who do you look for help?

It was obvious to the people of the Armed Services YMCA, who have operated a military courtesy lounge at the airport since 1988, if they were to help their target audience, they needed a new location.

With the help of civilian and military organizations, the ASYMCA was able to open a brand new state of the art facility in the Alaska Airlines concourse in August 2004.

Now, the Atwood Military Lounge at the Ted Stevens Anchorage International Airport is in a place where people can get out of the main stream of airport traffic, make contact with sponsors, store luggage and have a cup of hot coffee or a snack while waiting.

Their mission is to provide light refreshments, local information and referrals, reading materials, games, children's room, TV/DVD/VCR, kitchen facilities, showers, internet connections, quiet room for sleeping and a place to sit. More than 10,000 visitors use the lounge yearly.

The lounge also serves as an in-route waiting area for units arriving for exercises. For example, the Coast Guard and Marine Corps used the lounge as a pass-through for more than 200 people on their way to Seward during a Northern Edge exercise in June 2004.

The Army is planning to welcome incoming members of the new airborne brigade there next month.

"The requirement to travel is a major part of military life and it will never change. As long as this is so the Y will be there to serve," said Mrs. Judy Atkins, program director for the ASYMCA.

The lounge is staffed by volunteers through the Adopt-a-Lounge Program. In this program, a squadron or unit can volunteer to "adopt" the airport military courtesy lounge, where military volunteers are scheduled regularly to work in the lounge.

Some volunteers like Mrs. Nona Johnson have been working at the lounge on a regular basis for more than 14 years. A former Marine, she said she enjoys the new lounge as much as its guests do.

"The volunteers really enjoy working at the lounge with all its improvements. There's a lot there and everything is provided for — and there's always snacks in the fridge," said Ms. Johnson.

ASYMCA lounge volunteers help out by registering guests, showing them where everything is, and providing general assistance in the room where ever it's needed.

The lounge is always in need of volunteers for as much time as a person can donate.



Top: The ASYMCA lounge is open to all service members and offers a shower facility, a kitchenette, a computer room, kids room and a quiet room.

Below: Two new Air Force recruits get some rest in one of the quiet rooms in the lounge before leaving for basic training.

Volunteer to help others — Give gift of self

By Master Sgt. Tommie Baker
3rd Wing Public Affairs

“Make the choice to serve in a cause larger than your wants, larger than yourself — and in your days you will add not just to the wealth of our country, but to its character,” said President George W. Bush as he called on the youth of America during his 2005 inaugural speech.

People volunteer for a wide variety of reasons, primarily, the desire to help others. There is a long tradition of seeing volunteering as a form of charity, based on altruism and selflessness. There are those that say the best volunteering involves the desire to serve others, but this does not exclude other motivators, as well.

Instead of considering volunteering as something you do for people who are not as fortunate as yourself, think of it as an exchange.

For those interested in giving some of their time in order to assist others here, there are numerous volunteer opportunities, both off- and on-base.

“We have so many organizations that are in need of volunteers,” said Mr. Rocky Latta, Family Support Center volunteer coordinator. “The Boy Scouts and Girl Scouts, the Red Cross, Armed Services YMCA, Airmen Against Drunk Driving ... the list goes on and on.

“Some of the volunteer opportunities are seasonal,” added Mr. Latta. “During the winter, there’s the Iditarod and Fur Rondy downtown, and on base, there’s the base ski patrol.”

Regardless of the time of year, it’s always the right time to volunteer.

Most people find themselves in need, in one way, shape or form, at some point in their lives, said Mr. Latta.

Today you may be the person with the ability to help, but tomorrow you may be the recipient of someone else’s volunteer effort. Even now you might be on both sides of the service cycle. Maybe you’re a blood donor, giving the gift of life. Next month you might be in an accident, and be the recipient of someone else’s donated blood.

Volunteer endeavors can enhance work experience and offer a wonderful chance to meet outstanding people, added Mr. Latta. People can explore careers and gain experiences, knowledge and confidence. It provides an opportunity to grow and to gain a sense of achievement by learning new skills and energizing self-concept. Additionally, volunteering can bestow the feeling of satisfaction by meeting a challenge or receiving a “thank you” from someone who has been assisted.

For those who have children at home and still want to volunteer, free childcare can be provided by Air Force Aid. The only requirement is that the volunteer work must be on base. This is an opportunity to get out of the house, learn new skills and help someone else. Contact the Family Support Center for more information on the program.

Another volunteer opportunity on base is the National Partnership in Education Program, a program designed to encourage federal employees,



SENIOR AIRMAN AMY MORRISSETTE

Mr. John Williams, volunteer shuttle coordinator, prepares to shuttle a passenger. The Armed Services YMCA provides a Free Rides Shuttle to transport people throughout Elmendorf and Fort Richardson.

both military and civil service, to get involved in local education programs through volunteer work with community schools.

Mission permitting, and with supervisor’s consent, military personnel may volunteer four hours per month, and civilian employees may volunteer two hours per pay period. To volunteer through the Partnership in Education program, contact your supervisor for consent and the Family Support Center for assistance in registering.

“Thursday is the 18th annual volunteer appreciation ceremony at the

Yukon Activity Center at 4 p.m. to present the Angel Awards and Air Force Excellence Award Program awards,” said Mr. Latta. “This ceremony is an ideal opportunity to come and meet some of the base’s outstanding volunteers and hear some of their accomplishments.”

If you or somebody you know has an interest in volunteering, call the Family Support Center at 552-4943, or visit the Volunteer Opportunities section of the Community area of Topcover at topcover/community.asp, for a listing of volunteer opportunities.

2 Arctic Warriors to play chess at AF-level

By Senior Airman Amy Morrisette
3rd Wing Public Affairs

In chess, there’s just no such thing as beginner’s luck. The game is just overflowing with rules and each play involves a lot of brain-power. For some people this is more than their patience can stretch.

However, for those who have stuck it out through the initial learning curve and have come to find the game very enjoyable, this past weekend was dedicated to them.

“We held a tournament Saturday for all those chess enthusiasts on base to compete and possibly go on to the Air Force Tournament,” said Ms. Faye Broaden, Arctic Oasis director.

The annual Thunderbird Open Chess Tournament was held at the Arctic Oasis. There were three divisions and each person played four games. The top three winners in each division are:

■ Active-duty Division — Maj. Charles Musselman, 1st place; Staff Sgt. Kenneth Nichols, 2nd; and Master Sgt. Edgardo Caparas, 3rd

■ Civilian Division — Mr. Scott Mason, 1st place; Mr. Mario Vinoya, 2nd; and Ms. Ayla Mekhdiyeva, 3rd

■ Youth Division — Adam Lebert, 1st place; Rainer Caparas, 2nd; and tied for 3rd Ashton Smith and Adam Davis.

The first and second place winners in the Active-duty Division, Major Musselman and Staff Sgt. Kenneth Nichols, will compete at the Air Force tournament in May at Davis-Monthan Air Force Base, Ariz. “If they win there, they’ll go to an inter-service tourney in June,” said Ms. Broaden.

To help players prepare for Saturday’s tournament, the center offered chess clinics for those interested. “As something new this year, we held three clinics: a Chess Basics, an Attacks and Defense, and a Tournament Tips clinic,” said Ms. Broaden.

Maj. Charles Musselman, 3rd Wing deputy staff

judge advocate, who has been playing chess competitively since junior high school, said learning the game has taught him some valuable things.

“Chess has definitely been a great outlet and source of stress relief. Chess has also helped prepare me to plan ahead and to think tactically and strategically about many real life decisions. Although it is just a game, chess can teach valuable skills, including the ability to improve reasoning and to solve complicated problems, he said.

“It is great that the Air Force is supporting chess and our community center. It will be fun to play in the Air Force tournament!”



STAFF SGT. SUE NUCKOLLS

Master Sgt. Edgardo Caparas, 3rd Mission Support Group, thinks about his next move during the chess tournament at the Arctic Oasis Community Center Saturday.

30 fewer Air Force specialties qualify for reenlistment bonus

WASHINGTON (AFPN) — Air Force officials made significant changes to the selective reenlistment bonus program as a result of continuing force-shaping efforts.

Based on the findings of a review in October, which reviewed every enlisted career field, officials have published the latest list, which contains 32 Air Force specialties, down from 62.

The new list is available and can be found at www.afpc.randolph.af.mil/enlskills/Reenlistments/reenlistments.htm. The decreased and deleted bonuses, however, will not take effect until April 23.

The criteria used for determining which enlisted fields remained on the list included current and projected manning levels, reenlistment trends, career field force structure changes, and career field stress levels, officials said.

“We updated the SRB list to match our current force-shaping objectives and fiscal limits,” said Senior Master Sgt. Patrick Lavender, Air Force superintendent of accessions and retention bonus programs. “The SRB program is one of many tools the Air Force uses to balance the enlisted force. Recalibration of the program allows us to use the SRB as a surgically precise retention tool.”

For more information, call Elmendorf’s Reenlistment Office at 552-4755, located in the People Center.



Senior Airman Erica Abelgas

Duty title: 3rd Civil Engineer Squadron engineering apprentice
Hometown: San Diego, Calif.
Hobbies: Reading, watching movies, hiking, studying, and getting together with friends
How she contributes to the mission: Ensures all of Elmendorf’s structures, such as the buildings, roads and utilities, are updated on the main base map, as well as surveying new structures and verifying it on the Arc Geographic Information System.
Time at Elmendorf: One year and 11 months
Best part of being in Alaska: Long sunny summer days, and the nice view of the mountains
Supervisor’s comments: “Airman Abelgas is a joy to work with and she portrays the perfect military image. Her knowledge is a valuable asset to the wing and Pacific Air Forces’ mission.” Staff Sgt. Lashandra Denson



PHOTOS BY STAFF SGT. SUE NUCKOLLS

Staff Sgt. Michael Timm

Duty title: 3rd Security Forces Squadron noncommissioned officer in charge of mobility
Hometown: Oak Harbor, Wash.
Hobbies: Saxophone, riding all terrain vehicles, and wood working
How he contributes to the mission: Ensures Security Forces equipment and deploying personnel are prepared for deployment, and ensures mobility records are complete and cargo is ready for shipment
Time at Elmendorf: Five years
Best part of being in Alaska: Everything about the summer
Supervisor’s comments: “Sergeant Timm comes to work everyday with the enthusiasm to make every day enjoyable and productive for the 3rd Security Forces mobility section.” Master Sgt. Jerry Zabokrtsky

AFSA meeting

The Air Force Sergeants Association will have an open forum meeting Thursday at 11:30 a.m. at the Sustina Club. They will be discussing enlisted issues. Both members and non-members are invited to attend.

For more information, call Master Sgt. Manny Pineiro at 552-5581.

Town Hall meetings

Brig. Gen. Michael Snodgrass, 3rd Wing commander, and Aurora Military Housing will hold the following Town Hall meetings:

- Monday at 7 p.m. in the Susitna Club for residents in the Houston, Boulder, Douglas, three-bedroom Boston units on 19th Avenue.
- Wednesday at 7 p.m. in the Susitna Club for residents in the Denver Housing area. Call 552-4439 for more information.

Home buying seminar

Elmendorf’s Housing Office is offering a home purchasing seminar Monday at 1 p.m. at the Housing Office, located at 6346 Arctic Warrior Dr. The class is about two hours long. Seating is limited, so call early for reservations at 552-4439/4328.

Free shuttle service

The Armed Services YMCA now offers a free van shuttle service for all military members and their families every Monday to Friday from 7:30 a.m. to 8 p.m. Those under age 18 must be accompanied by an adult.

The shuttle covers most locations

on Fort Richardson and Elmendorf. For guaranteed pick up, make appointments 24 hours in advance. Same day service is also available.

Call 384-FREE (3733) from 8 a.m. to 4:30 p.m. to sign up.

Healthy Families

Aurora Elementary School will host a nutritional workshop Tuesday at 6:30 p.m. in the school gymnasium.

A speaker will present information about today’s nutrition and how it is affecting people, as well as provide new food guide pyramids for kids and interesting facts about sugar.

Door prizes will be given out and many healthy foods to taste.

For more information, call Mrs. Tracy Bennett, Aurora Physical Education Teacher, at 753-6223.

Manager’s training

The 3rd Civil Engineer Squadron will conduct mandatory facility manager’s training April 27 from 8-9:30 a.m., 10-11:30 a.m. and 1-2:30 p.m. The training is for all assigned primary and alternate facility managers, including tenant units.

For more information, call 552-3449/3727.

Kick-off banquet

In observance of May being Asian-Pacific-American Heritage Month, a Kick-Off Banquet will be May 3 at 11 a.m. in the Susitna Club.

The guest speaker will be Brig. Gen. James Hirai, Fort Richardson commanding officer. Cost is \$10.60 for club members and \$12.60 for nonmembers.

Purchase tickets by April 27 by calling 552-2839/3932.

Suicide prevention

All military and civilian members are required to attend one of the following briefings at the Base Theater to satisfy their annual training requirement: May 2 at 3 p.m., May 4 at 7:30 a.m., May 18 at 3 p.m., June 6 at 3 p.m., June 8 at 7:30 a.m. and June 14 at 3 p.m. Call 580-1399 for more information.

Yellow bracelets

Attention all military members: the Lance Armstrong bracelet cannot be worn in uniform. The yellow bracelet supporting a Cancer Foundation is a noble cause, however, the bracelet does not meet the conservative criteria outlined in Air Force Instruction 36-2903, Dress and Personal Appearance of Air Force Personnel.

If you see an Airman wearing this bracelet while in uniform, please let them know that they are not authorized to be worn while in uniform.

Library book sale

Donations of books, audio cassettes, DVDs, CDs and other library items are needed for the Library’s annual book sale.

This year, the sale will be April 29 from 10 a.m. to 2:30 p.m., April 30 from noon to 4:30 p.m. and May 1 from noon to 4:30 p.m. Funds from the sale will be used to support the Summer Reading Program for children.

For more information, call 552-3787.



Chapel Schedule

Catholic Parish

- Monday through Wednesday and Friday Mass: 11:30 a.m. at the Chapel Center
- Thursday Mass: 11:30 a.m. at the Hospital Chapel
- Sunday Mass: 10:30 a.m. at Chapel 1
- Sunday Evening Mass: 5 p.m. at Chapel 2
- Confession: 6 p.m. Sundays at Chapel 2

Protestant Sunday

- Liturgical Service: 9 a.m. at Chapel 2
- Celebration Service: 9 a.m. at Chapel 1
- Gospel Service: noon at Chapel 1
- Fellowship Praise: 6 p.m. at Chapel 1

Religious Education

- Catholic Religious Education: Sunday at 9 a.m. at the Chapel Center.
 - Protestant Sunday School: 10:30 a.m. at the Chapel Center.
- For more information, call the Chapel at 552-4422.

Alcohol Awareness: ADAPT is here to help

Staff Sgt. Shannon Burbridge
3rd Medical Group

Although alcohol has been a part of society through the ages, it has never been a problem. Alcohol never drove a car off a bridge, never broke the law by being consumed underage, or abused a child/spouse. People have done these things, and more, under the influence of alcohol. So, which is the problem? Well, alcohol doesn’t stand in front of the wing commander after a driving incident, or pay a fine, or serve time in jail.

However, people can take a look at their drinking before they reap those consequences. Don’t be one of the about 200 or more people on base this year who will be forced to take a look at their drinking. Use this information to guide you:

There are three main types of alcohol abuse.

Binge Drinking: According to the American Medical Association, five or more drinks in a sitting is a binge. A “drink” is classified as 12 ounce of beer, 6-8 ounces of wine or 1-1 ½ ounces of 80 proof liquor. Signs of binge drinking are drinking fast for the effect or the person who gets two or three drinks at a time so he won’t have to wait in line and lose the buzz, choosing strong drinks, and playing drinking games, including “keg stands” and “bonging” drinks. This can result in blackouts, hangovers, and drinking and driving because the person thinks they’re fine, but their blood alcohol level is still on the rise.

Alcohol Abuse: This is a diagnosis that, unless caught early, may lead to alcohol dependence. There are four criteria that must be met within a twelve-month period for a diagnosis of alcohol abuse, but only one of the listed symptoms in each criteria is needed to raise concern. They are:

- Failure to meet responsibilities/obligations, which can relate to work, family, home, breaking promises to loved ones, revolving your schedule around when you will be recovering.
- Alcohol use in physically hazardous situations, such as unprotected sex, or sex with unknown part-

ners, and engaging in other “dangerous” behavior you would not do if you were sober.

■ Legal problems arising from use, such as driving while impaired, underage drinking or physical altercations

■ Continued use despite problems a person is already are aware of, such as disagreements with a loved one about their use, and being late to work or, in general, not meeting standards

Alcohol Dependence: This is when a person’s alcohol use has progressed to the point where they are psychologically/physically “dependent” on it. Any three of the following seven symptoms must be met within a 12 month period for a diagnosis of alcohol dependence:

■ Tolerance, which can be a decreased effect with the usual amount of alcohol or an increased effect with less alcohol. This is often confused with blood alcohol levels, the percentage of alcohol found in blood. However, tolerance is merely how well a person has trained their body to react to higher levels of alcohol.

■ Excessive use, which is drinking more than intended or spending more time drinking than a person had committed

■ Impaired control or unsuccessful efforts to quit or cut down on alcohol use

■ Continued use despite problems a person is already aware of

■ Withdrawal, such as nausea, sweating, shakiness, and anxiety after stopping heavy drinking.

■ A lot of time spent obtaining, using or recovering from the effects of alcohol, such as being preoccupied with thoughts of alcohol or spending most the weekend either drinking or recovering from drinking

■ Giving up or reducing important social, occupational, or recreational activities, such as not attending functions where alcohol is not served or not allowed

Alcohol Awareness Month is under way through April. For more information, call Elmendorf’s Alcohol and Drug Abuse Treatment Office at 580-4952. The office is located on the main floor of the hospital in the far right wing.



Know what’s in your bags, airport security may detain you

One man’s experience through the X-ray scanner shows vigilance is especially important for those who travel frequently

By Maj. Mark Snowden
3rd Operations Support Squadron

After rubbing my tired eyes, I shuffle toward the front of the line at the airport security checkpoint.

As I approach the conveyer belt, I remove my jacket, belt and shoes. Then, I place all of my metal items in the tray, and I set my carry-on bag, shoes, and jacket on the conveyer belt and wait to go through the X-ray machine.

With my boarding pass in hand, I walk forward through the machine and notice some sort of commotion. Agents seem to be congregating near the woman who is operating the X-ray scanner. Her eyes are wide with disbelief as she backs the conveyer belt up and re-scans; once, twice, a third time.

The next thing I know, two agents are escorting me out of the check-point area. Looking over my shoulder at the scanner display, I see the unmistakable outline of a revolver in my carry-on bag.

I can feel everybody’s eyes boring into my back as I’m taken around the corner and out of sight. I can hear their thoughts: “Who is that yahoo who just got yanked out of line?” “That criminal sure looks funny

being taken away in his socks while holding his pants up.”

In the interrogation room, the enormity of the situation hits me.

I have been detained for attempted illegal transportation of a firearm on an airline; I have missed my flight; I’m out 50 dollars for the cab fee; and I have no idea about the location of my checked luggage.

As far as what is ahead for me — court, fines, jail, embarrassment, and my name on the national “do not fly” list — that nightmare is just beginning.

Although this didn’t happen to me, it could.

As a military member, I often fly commercial airlines to and from various temporary duty locations. I am frequently asked to carry gear with me from home station to the TDY and vice versa.

Since much of the equipment is fragile, I take it into the airline cabin with me. Do I always know what is in the bags? No. Should I? Absolutely. Ignorance is not an acceptable excuse in the eyes of the law.

Let’s take the example of a pilot who is returning to home station early from a TDY.

In order to fly at home station, the pilot needs to get his personal life

support gear back home with him.

Since the gear is fragile and, if lost, may result in a loss of sorties, the pilot elects to take his helmet bag, which also contains his anti-g suit and survival vest, with him as carry-on baggage.

The problem is that the bag may contain prohibited items and merely bringing those items to the check-point is illegal.

So, just what is prohibited in a pilot’s gear?

In the survival vest, there are flares, strike-anywhere matches, gyro jets (flares), and a wire saw. All of those items are prohibited.

The Life Preserver Unit on the harness is inflated by compressed gas cartridges, which are also prohibited.

By now it is obvious that carrying these on the plane is a bad idea. What about checking them? The flares are still prohibited, as are the strike-anywhere matches and the compressed gas cartridges.

Fortunately, most life support technicians know this and will remove the prohibited items prior to packing the gear.

With those prohibited items removed, the bag should be safe to carry on. Also, check that the knife is removed from the anti-g suit.

The moral of the story is this: know what is in your carry-on and checked bags and know what the Transportation Security Administration allows in them. The best way to access the most current prohibited items list is to look on the TSA Web site at www.tsa.gov and search for prohibited items.

Remember, ignorance is not an excuse, and the mere possession of prohibited items at a security checkpoint is illegal and may result in civil or criminal proceedings.

More importantly, the extra time that is wasted as security scrutinizes you is time that is not spent scrutinizing a “real” potential threat.

Can I take it?

Item	Carry-on	Checked
Cigar cutters	Yes	Yes
Corkscrews	Yes	Yes
Eyeglass repair tools	Yes	Yes
Knitting needles	Yes	Yes
Nail clippers	Yes	Yes
Nail files	Yes	Yes
Scissors-metal w/pointed tips	No	Yes
Toy weapons	Yes	Yes
Umbrellas	Yes	Yes
Walking canes	Yes	Yes
Pool cues	No	Yes
Lighters	No	No

Note: This is only a partial list of the permitted/prohibited items.
Source: Transportation Security Administration

Arctic Life

Great living in the great land

Beware: Spring brings out the bears

Mr. Daryl Magnuson
Natural Resource Office

Several eyewitnesses have reported bears around the Anchorage bowl and even on Elmendorf.

It's time to start thinking about being bear wise.

Living in Alaska provides us the opportunity to view many unique wildlife species. With that opportunity, we have the responsibility to reduce human and wildlife conflicts, and can do so by using wildlife common sense.

Bear season is normally April to October. If you are diligent with preventive measures during this time, there is little reason to be frightened and overly restrictive of normal activities.

Although bears are not usually a threat to humans, Arctic Warriors should heighten their awareness of potential attractants that may draw bears to their housing or work areas. People should eliminate those attractants now, before bears become a problem.

Attractants include, but are not limited to: garbage, human food, fish or game parts, pet food, wild bird food, uncleaned barbecue grills and fish smokers, and even petroleum products in soft containers.

Pet owners should know that bears may treat dogs as a threat to themselves, their food, or their cubs. Keeping dogs on leashes can reduce dangerous encounters. Base regulations require pets be under control at all times. They are not allowed to wander off into the woods alone.

Use the following guidelines to make work,

housing and recreation areas on Elmendorf bear safe.

- Eliminate bear attractants.

- Never provide food to bears or any wildlife. Bird feeders are allowed from Nov. 1 to April 15.

- Keep dumpster lids secured and report full dumpsters.

- Instruct children to watch for bears, especially when playing near wooded areas, and teach them how to react.

- Travel in groups of three or more in wooded areas. Make noise to alert bears of your presence. Slowly walk away if a bear is seen. Never run from a bear. Report any bear sightings near housing areas to security forces at 552-3421.

- Control pets.

- Notify the quad mayor or housing office if your neighbors' actions may be attracting bears.

- Slow down when driving near wildlife, and don't honk your horn, as it may spook the animal.

Wildlife agents from the natural resources office will be monitoring base bear activity to reduce and hopefully eliminate the potential for negative



COURTESY OF MCA PROGRAM

Be cautious as bears are now coming out of hibernation and will be wandering through base, usually through October.

human/bear interactions.

Each year a few bears forage in garbage and bird feeders, learn to associate people with food, and have to be destroyed!

Don't be the careless human that causes wildlife to be destroyed.

Alaska and Elmendorf base regulation prohibit leaving anything out that attracts bears. The punishment is a \$110 fine.

For more information concerning wildlife, or if you see a brown bear or a collared black bear on Elmendorf or Fort Richardson, call the Natural Resources Office at 552-2436.

44 Arctic Warriors graduate Airman Leadership School

The following senior airmen graduated from Airman Leadership School Class 05-3 March 30:

*John L. Levitow Award
Professional Military Education Center
Leadership Award*

David McCormick, Air Force Band of the Pacific

Academic Achievement Award
Wesley Tribble, 3rd Communications Squadron

Distinguished Graduate Awards
Wesley Tribble, 3rd CS
David Lantz, 3rd Civil Engineer Squadron
Darren Raybourne, PACAF Band

Graduates

3rd Aircraft Maintenance Squadron

Niki Conerly
Christopher Cline
Justina-Jo Keegan
Rodger Boles

3rd Civil Engineer Squadron

Gregory Mengershausen
Clarissa Padilla
Murray Carter
Jeremy Lawson

3rd Component Maintenance Squadron

Anthony Vandersee
Joashua Willard

3rd Communications Squadron

John Salle
Michael Flynn

3rd Equipment Maintenance Squadron

Shannon Marcello

Joe Bell

Jeffrey Jones
Geneva Rumbaugh
Ronald Riffredi
Jonathan Reece
Joshua Tyler-Fowler
Dustin Hoover

3rd Logistics Readiness Squadron

Lee Polencheck
Jose Abdelnoor
Ryan Gudmunson

3rd Medical Operations Squadron

Shawn Gelnett
Shuante Barber

3rd Medical Support Squadron

3rd Operations Group

Nathan Simmons

3rd Operations Support Squadron

John Leach

3rd Security Forces Squadron

David Speckman
Jason Smith

3rd Services Squadron

Stephen Boyd
Christopher Stone

381st Intelligence Squadron

Aileena Audiss
Joshua Blackmon

Juan Zea, Jr.

703rd Aircraft Maintenance Squadron

Christina Richards
Patrick Starsky

Wayne Rocha

732nd Aircraft Maintenance Squadron

Jason Re

90th Fighter Squadron

James Rinninger



Col. Amy Bouchard, commander

Unit Spotlight 3rd Maintenance Group

MISSION:

The 3rd Maintenance Group is responsible for component, equipment, aircraft, maintenance and munitions support for F-15C, F-15E, C-130, C-12, and E-3 aircraft and maintenance operations to support the 3rd Wing, Headquarters 11th Air Force, Headquarters Alaskan Command, Headquarters Alaska NORAD Region, and 94 associate organizations.





Above: Mr. Richard Cook, 3rd LRS, builds a wheeled-device to make transporting 55-gallon drums in the shop easier.
Left: Airman Joshua Peters, 3rd LRS, repairs the fiberglass hood on a dump truck.



Mr. Kip Phillippe, 3rd LRS, removes a door hinge on a pickup truck to replace it with a new one.



Keeping wheels turnin'

Senior Airman Amy Morrisette
3rd Wing Public Affairs

Vehicle maintenance is a matter most people are familiar with. If you don't know how to fix it, you take it to a local mechanic who can. However, when it comes to the government-owned vehicles of Elmendorf, only a handful of mechanics are certified to do the job.

The 3rd Logistics Readiness Squadron Vehicle Maintenance shop, located near the base Shopette, is the home of where more than 1,200 of Elmendorf's GOVs are sent to for repair.

According to Senior Master Sgt. Junior Phillips, 3rd LRS vehicle maintenance manager, there's never a dull moment for the 137 maintainers at the VM shop. "We see an average of 590 vehicles per month and 62 different types or manufacturers of vehicles."

The work the mechanics do when a vehicle is sent to the VM shop ranges from smaller jobs like changing the oil to major body and engine repairs. "We fix just about everything on the vehicles except the curved windshield. We'll tear a vehicle down to the frame as long as we have the time and tools," said Sergeant Phillips.

To keep the mechanics skills up-to-date with all the new parts and vehicles that enter the market each year, some of them will be sent away to relive the memories of technical school. "When we can afford to, we send our technicians back to school for advanced training or have the trainers come here. We also try to get some manufacturer training courses when possible," he said.

While some maintainers are getting their hands dirty and working on vehicles, other jobs, such as parts ordering, are the backbone of the operation. "When something breaks and we've diagnosed the problem, the next step is ordering the parts. A majority of our parts come from the vendors downtown, but we also get a few parts through the base supply system," said Sergeant Phillips.

Even though there's always all kinds of work to be done at any hour of the day, there's always room to maintain healthy morale in the shop. "Our folks work really hard. When we can, we give them a little comp time and do some fun activities out of the squadron, such as bowling as a flight," said Sergeant Phillips.

Tech. Sgt. Clinton Miller said, "The great thing about being a mechanic is the instant gratification when you do the job right — it starts up and drives out!"

Left: Staff Sgt. Albert Husker, 3rd LRS, lubricates a front suspension during a routine inspection.

Staff Sgt. Daniel Wentz, a mechanic at the 3rd Logistics Readiness Squadron, works on the engine of a MB4 aircraft tow vehicle at the 3rd LRS Vehicle Maintenance shop. The 137 maintainers at the shop are responsible for repairing Elmendorf's more than 1,200 government-owned vehicles. On the cover: Senior Airman Joseph Gilligan, 3rd LRS, tightens a bolt on an MB4 aircraft tow vehicle.

PHOTOS BY STAFF SGT. SUE NUCKOLLS

Golf gift shop, cafe to open Monday

By Mrs. Mary Rall
3rd Services Marketing

Spring comes on slowly in Alaska, but when it's here, you know it. The snow begins to melt, the green grass becomes evident, and the winter coats start heading for the back of the closet.

Just as the seasons make their appearance in stages, Eagleglen Golf Course is preparing to open its doors by making services available for its patrons.

The facility will take its first stroke toward the golf season by reopening the Pro Shop at the Eagleglen Clubhouse Monday. The shop will be open Monday-Friday from 11 a.m. to 5 p.m.

Those who frequent the links regularly can take advantage of discounted five, 10, and 25-round Frequent Player Cards. The cards are always hot items, so visit the Pro Shop soon to get yours.

Patrons who get a jump on the season by purchasing 10 or 25-round cards in April will save 10 percent off the purchase price. Save an additional 10 percent by presenting your card at the time of purchase.

Also, patrons should be



AIRMAN 1ST CLASS GARRETT HOTHAN

A sales clerk at the Eagleglen Pro Shop hangs up apparel for sale April 11. The Eagleglen Pro Shop and Eagle's Nest are slated to open for the season Monday.

sure to stop by and check out merchandise closeouts and specials, which include 25-50 percent discounts on selected golf clubs, 10-20 percent off of selected merchandise, and 50 percent off of shoes and soft goods on the Pro Shop clearance table.

Those looking to grab a bite to eat can also stop by the Eagle's Nest, which will reopen for the season Monday with some hard to beat specials on items such as hamburgers, sandwiches, appetizers, and combo specials.

Also, E-4s and below can

save 10 percent daily off of all menu items. Those with a Services card can save an additional 10 percent off their meal for a total of 20 percent off. Discounts are not offered on alcohol.

The rest of the facility's features, to include the driving range and temporary greens, will open throughout the coming weeks.

Call the Eagleglen in advance at 552-3821 to confirm openings. Eagleglen's overall hours of operation will increase as the days get longer and the weather improves.

...:inside the fence

Friday Bowling, Today and April 22 from 5 p.m. to 1 a.m. for \$2.50 a game at the Polar Bowl. 552-4108

Bowling Trip, Today from 1-4 p.m. for \$13.50 for members at the Youth Center. 552-2266

Karaoke, Today at the Youth Center. 552-2266

Beginning Cross Stitch, Today and April 22 at 6 p.m. for \$25 at the Skills Development Center. 552-7012

Activities Day for Month of the Military Child, Today at 4 p.m. at the Youth Center. 552-2266

Intermediate Crochet Afghan and Pillow Sham, Today and April 22 at 5 p.m. for \$35 at the Skills Development Center. 552-7012

CGOC Night, Today at The Cave. 753-3131

School Age Activity Day, Today from 10 a.m. to 4 p.m. parents welcome at the School Age Program. 552-5091

Break Up Fun Run, Today at noon at the Fitness Center. 552-5353

Summer Rental Reservations Begin, Today for items like campers and boats at Outdoor Recreation Center. 552-2023

Retiree Appreciation Night, Today retirees save 20 percent at the Susitna Club. 753-3131

Intro to Picture Framing, Saturday and April 30 at 5:30 p.m. for \$40 at the Skills

Development Center. 552-7012
Spring Cleaning Yard Sale, Saturday from 9 a.m. to 3 p.m. at the Yukon Activity Center. 552-8529

Introduction to Auto Maintenance, Saturday at 5:30 p.m. for \$40 at the Skills Development Center. 552-7012

All Night Xtreme, Saturday from 10 p.m. to 1 a.m. at the Polar Bowl. 552-4108

Kids Korner Make and Take Ceramics, Saturday at 1 p.m. for \$15 at the Skills Development Center. 552-7012

Bike Maintenance Class, Saturday at 1 p.m. for \$5 at Outdoor Recreation Center. 552-2023

Give Parents a Break, Saturday from 1-5 p.m. at the Denali CDC. 552-8304

Old School Party, Saturday from 9 p.m. to 3 a.m. at the Kashim Club. 753-3131

Family Xtreme Bowling, Sunday from 1-8 p.m. at the Polar Bowl. 552-4108

Airmen's Special, Monday from 5-9 p.m. at the Polar Bowl. 552-4108

Digital Arts Fest Web Design, Monday-Thursday at the Young Adult Center. 753-2371

Dorm Key Night, Monday show your dorm key and bowl for half price at the Polar Bowl. 552-4108

Deployed Personnel Spouses 2-4-1 Lunch

Special, Tuesday at the Eagle's Nest at Eagleglen Golf Course. 552-3821

ASQ Meeting, Tuesday at 11:30 a.m. at the School Age Program. 552-5091

Bowler Appreciation Night, Tuesday from 5-9 p.m. at the Polar Bowl. 552-4108

New Parent Orientations, Wednesday at 10:30 a.m. at the Denali and Sitka CDCs. 552-8304

Wednesday Night Madness, from 5-9 p.m. for \$15 per lane at the Polar Bowl. 552-4108

Ceramic Family Make It and Take It Night, Thursday at 5:30 p.m. for \$15 at the Skills Development Center. 552-7012

Red Pin Bowling, Thursday from 5-9 p.m. at the Polar Bowl. 552-4108

\$1 Beer Night, Thursday at The Igloo at The Polar Bowl. 552-4108

Family Night Buffet, Thursday at the Susitna Club. 753-3131

Quarter Mania, Thursday from 5-9 p.m. at the Polar Bowl. 753-3131

Recycling Day, April 22 from 10 a.m. to 6 p.m. at the Youth Center 552-2266

F2W Extreme Dancing, April 22 at 4 p.m. with small and large group dance activities at the Youth Center 552-2266

* Skills Development Center classes must be signed up for three days in advance.

RESALE BARGAINS:

Take advantage of the deals to be had at the NAF Resale Store Sale today at the former Commissary Building on Sharp Ave. 552-8252

MOVIE: *The Pacifier* (PG) An undercover agent fails to protect an important government scientist and then agrees to look after the man's five out-of-control kids. Now, he's finding what tough really is when he pits his combat skills against diapering, den-mothering and drivers education. 7 p.m.

...:sat

FORE: Get ready for the golf season at a Full Swing Golf Tournament through April 30 at the Arctic Oasis Community Center. 552-8529

MOVIE: *Man of the House* (PG-13) Texas Ranger Ronald Sharp is assigned to protect the only witnesses to the murder of a key figure in the prosecution of a drug kingpin — a group of University of Texas cheerleaders. Sharp must now go undercover as an assistant cheerleading coach and move in with the young women. 7 p.m.

...:sun

DO IT YOURSELF: The Skills Development Centers Auto Hobby Shop is open for do it yourself work Sundays from noon to 5 p.m. 552-3473

MOVIE: *Cursed* (PG-13) Ellie and her brother Jimmy are on their way home when they get into a car accident. While trying to help the other driver out of an overturned vehicle, the other driver is attacked by what Jimmy swears was a "man-like wolf." When they notice the strange physical effects, they begin to wonder if it's a werewolf. 7 p.m.

...:fyi

AMERICA'S KIDS RUN: The deadline for registering for the America's Kids Run with the Youth Center is today. The run will be featured May 20 and will be a great opportunity for youth ages 5-13 to participate in safe, fun and healthy recreational opportunity. 552-2266

Planes of the 1940s

By **1st Lt. Tony Wickman**
Alaskan Command Public Affairs

ACROSS

- 1. Dr.’s org.
- 4. Small amount
- 7. _ ____ of faith
- 12. __ Tin Tin
- 13. African country
- 14. Bee’s goal
- 16. Movie magic with computers, in short
- 17. Snack cookie
- 18. Best player
- 19. North American P-51D _____
- 22. Sick
- 23. Owns
- 24. Tennis player Kournikova
- 25. Bandanna
- 27. Write
- 29. Caper
- 31. Sobs
- 32. __ Tai; tropical drink
- 33. Entrances
- 34. Continent

- 37. Old form of you
- 41. Turner org.
- 42. Bridge
- 43. Underway
- 44. Subscriber
- 46. Foreclosures
- 47. British aircraft Gloster _____
- 50. Scar
- 51. Between
- 52. Deceive
- 54. Poet Pound
- 58. Earth
- 59. Fieseler FI 156C-1 _____
- 61. Snakelike fish
- 62. Bread
- 63. U.S. Douglas A-20 _____
- 64. Cell part, in short
- 65. Big ____, Calif.
- 66. Stadiums
- 67. USAF commissioning source

DOWN

- 1. Circle part
- 2. 1940s Russian aircraft maker, in short
- 3. Finding Nemo film category
- 4. Tooth concern
- 5. _ ____ mean fighting ...
- 6. Singer Warwick
- 7. Psychologist’s org.
- 8. Computer laugh?
- 9. Building extension
- 10. South American camel
- 13. Army equivalent to AFSC
- 15. Actor Nick
- 20. R&B singer
- 21. Fuel
- 23. Native American tribe

REALM	ALA	MOATS
AZTEC	LIL	EGRET
WRONG	PAM	TRIAL
ATTU	HMO	ZEAL
	IMA	NOG
STARES		DREAMS
SHEKEL		ERRAND
PARR		GREW
ARROWS		SLOGAN
DANIEL	SUITED	
	LAO	AMN
TASK	RVN	DATA
CHILI	IED	SLUMP
NOLAN	NRA	ESTEE
OUSTS	GAL	YOUNG

Last week’s solution

1	2	3			4	5	6		7	8	9	10	11	
12					13				14					15
16					17				18					
		19	20					21				22		
	23				24					25	26			
27				28			29		30					
31									32					
33						34	35	36			37	38	39	40
41					42					43				
				44	45					46				
47	48	49							50					
51							52	53			54	55	56	57
58					59	60						61		
	62				63							64		
	65				66							67		

- 25. Auto club
- 26. British Supermarine _____
- 27. Australian rock group
- 28. CIA precursor
- 30. Nashville music org.
- 34. Mock
- 35. __ Diego
- 36. Football stat
- 38. Garden tool
- 39. Long time
- 40. Time until out of mil. service
- 42. Formal greeting
- 43. Pie _ __ mode
- 44. Middle
- 45. Timber
- 47. Angry
- 48. Sultans
- 49. Japanese Kawasaki Ki-45 ____
- 50. Islamic holy place
- 52. Cherish
- 53. __ out; smooth over
- 55. Japanese Mitsubishi A6M ____
- 56. Lease, as in an apartment
- 57. Unfortunately
- 59. __ Na Na
- 60. Roofing need

SPORTSPAGE

Are you ready for Air Force Fitness Test?

By Staff Sgt. Mike Edwards
3rd Wing Public Affairs

With the new Air Force fitness program entering its second year, many people have been adjusting to the new requirements that include push-ups, crunches, running and abdominal circumference measurements.

Those Arctic Warriors who are able to get the maximum number of points in each category are part of an elite club — The 100 Percent Club.

For one husband and wife team, their love of staying active and fit has propelled them into the ranks of this club.

Rebecca Lee and her husband Roger both have scored high enough in all categories to earn membership in this elite group, but their paths to membership were a little different.

“I wasn’t brought up to exercise as a child. It wasn’t until high school that I seriously started working out,” said Rebecca. “Since then, I’ve begun teaching fitness classes which consist of both strength training and cardiovascular exercise.”

While his wife started working out later in life, 41 year-old Roger began his life of physical fitness a little earlier. “I grew up in England and we didn’t have any buses, so I would run about three miles to school every-day,” he said. “Later, I got a bicycle and would ride instead.”

After more than 12 years of marriage, this couple has found their own way to keep motivated to hit the gym and stay active.

“I spent some time in the Army and there were a lot of team sports and competition to keep everyone physically fit,” said Roger. “I use competitions as an excuse to run, bike and ski harder than I would without this push.”

In addition to competitions, Roger says he takes advantage of the Alaskan outdoors to stay in top physical form.

“We take bike trips and cross-country skiing through the Outdoor Recreation Program,” he said. “I also like to get outdoors with our



AIRMAN 1ST CLASS JONATHAN THRASHER

Rebecca Lee, 3rd Services Squadron, does situps while her husband, Roger, 3rd Aerospace Medicine Squadron, assists at the Fitness Center gym.

dog Toothpic and run or hike in the mountains.”

While being in a competitive environment is the catalyst that gets her husband motivated to stay active, it is her drive to achieve her personal best that keeps Rebecca motivated.

“I want to feel good about myself and be able to tolerate everything that comes my way and enjoy life,” she said. “Having a good fitness foundation enables me to do more.”

Even with all of the motivating factors that keep the Lee family pushing harder to stay healthy, there is another factor they say is key for all Air Force members to keep in mind.

“When it comes down to it, we are preparing for war,” Rebecca

said. “If we keep the mind set that we are never going to be on the front lines then we are only going to hurt ourselves.”

Staying healthy and physically fit for military duties is just one reason she says Airmen need to take exercise seriously, but according to Rebecca there is an even bigger benefit.

“Being in the military can be very stressful. The operations tempo is extremely high and it can be hard to fit in a workout,” she said.

“I’m so much more motivated when I can get my workout done and when I don’t I feel terrible. Sometimes when I only have half an hour, I will go to the Fitness Center and run for 15 minutes. Even that amount can make me feel better.”

In looking to the upcoming test

cycle, the Lee family has their sights set on maxing out their scores again and renewing membership in the 100 Percent Club.

“I would like to be able to get in some more sit-ups this year than I did last year,” said Roger. “You have to remember that life is hard, so live it up with more aerobic capacity, a healthy heart and smaller pants.”

When it comes to motivating others to do their best, Rebecca offers some advice: “If I can do it, anyone can. I try to encourage everyone I know to strive to be better and not stay at the norm,” she said. “No matter who you are, you are capable of doing great things. Make small goals and progress slowly and safely to be the best you can be.”

Sports Standings

Volleyball					
	Wins	Losses		Wins	Losses
3rd EMS 1	10	0	3rd MDG	5	6
3rd OSS	9	1	3rd CES	4	5
611th CES	9	1	ALCOM	3	7
3rd LRS	8	3	381st IS B	2	6
3rd EMS 2	6	3	3rd SVS	2	7
381st IS A	6	3	3rd CS	2	8
3rd MOS	5	5	732nd AMS	1	8
962nd AACs	4	4	EMS Ammo	0	2

Skeet					
	Totals		Totals		
611th ASG	2921	732nd AMS	1468		
3rd CMS	2857	3rd LRS	1368		
ALCOM 1	2686	703rd AMXS	1093		
3rd EMS 2	2586	381st IS	387		
611th AOG	2441	90th AMU	343		
ALCOM 2	2403	3rd EMS 1	95		
3rd CS	2178	3rd SFS	0		
3rd CES	1846	3rd MXG	0		

Billiards			
	Wins	Losses	
732nd AMS	8	2	
3rd OSS	7	3	
3rd CS 1	5	5	
3rd EMS	5	5	
3rd CS 2	5	5	
3rd LRS	0	10	

** Standings current as of April 12